

George C. Marshall PTSA Meeting Minutes
February 6, 2020

Members present: Carolyn Keehan (President), Maria Robles (Treasurer), Elizabeth Keegan (Secretary), Jeff Litz (Principal)

1. Guest speaker: The PTSA welcomed clinical psychologist Rachel Bailey. Ms. Bailey has expertise in the area of self-esteem and resilience. Her primary focus is supporting parents to help them build their children's self-esteem. Ms. Bailey defines healthy or positive self-esteem as the genuine belief that we are worthy of love and respect AS WE ARE, as well as the genuine belief that we can rely on ourselves to handle life's obstacles. Some of the obstacles to positive self-esteem are: (1) the way kids are treated -by parents, peers, media, etc., (2) the high standards they are held to, (3) lack of experience handling discomfort, and (4) lack of tools to handle discomfort. As parents, we often tell our kids that their feelings are wrong. What can we do? Tool 1: Understand and respect: see things from your child's perspective instead of trying to convince them of our perspective. Are they only worthy of our respect when they're doing what we want? Action item: Respond with "Of course" you feel that way, or "No wonder" that's how you feel. Tool 2: Show them you can handle their feelings. Action item: Listen and let them know they are not alone, learn what makes your child feel safe. Tool 3: Teach skills. Instead of trying to find the best punishment, identify what skills your child is missing. Kids nowadays numb their feelings with their phones. Action item: Ask what tools they may be missing. What does my child need in order to be successful? It's important to know that kids do well when they can. Tool 4: Empower. Instead of trying to fix their problems, allow kids to find their own solutions. Action item: Ask curiosity questions, such as "what will you do about it?" For more information on Rachel Bailey, go to www.Rachel-Bailey.com
2. President's Report: January's minutes were approved. PTSA sponsored SAT prep class is underway. We will be hosting a mock SAT test on April 18th, which will include an analysis of scores. Guidance counselor appreciation is this week – please send a note of thanks to your child's counselor. The Study Pro will speak at our March meeting to address study and organizational skills.
3. Financial Report: No change from last month. Our income is still down over last year.
4. Principal's Report: Students and staff are currently working on 2020 schedules. Kids make their choices in StudentVue, then meet with guidance counselors through March to confirm selections. At that point, the schedule is locked in. Second quarter report cards are available on ParentVue. Seventh semester transcripts were sent for seniors. Guidance counselor Josh Peters was promoted to a new position at Woodson high school. His position is being filled temporarily and will be filled permanently by August. Rising 9th grade orientation went well. Prom is earlier this year, on April 18th, to have it done before IB and SOL exams. Graduation is June 1st at 7 pm. Marshall Theatre tied for first place in the sectional level of the Virginia High School One-Act Theatre competition.

5. Committee Reports: Jennifer Church would like submissions for the spring newsletter by mid-February.

6. Upcoming dates:

March 3 - Student holiday (Super Tuesday)

March 13 – Pi Day staff breakfast

March 18 - PTSA meeting, guest speaker The Study Pro

April 15 – PTSA meeting, voting on awards

May 20 – Final PTSA meeting of the year